
Good Afternoon Salem Seniors,

Our next meeting is 10:30am Tuesday September 13, 2016 at the Salem Volunteer Fire Co (Rt. 85)

*If you've never been to one of our meetings or it's been a while * please join us * ALL Salem Seniors are welcome and encouraged to attend.*

Monthly blood pressure/wellness checks will be performed by Salem Health Mart during our meetings.

Christine Baker from the Bozrah Senior Center will be in attendance to speak to Salem residents and offer information about their programs and events we could attend.

Kathy Civardi of Crossings East will provide us with a fun time of Mind Aerobics.

Following our meeting we will enjoy a pasta bar luncheon sponsored by Crossings East & West Health and Rehab Centers.

Salem Recreation has a few interesting Fall Classes to join! See the first 2 pages of the attached flyers as well as the rest for other outing ideas.

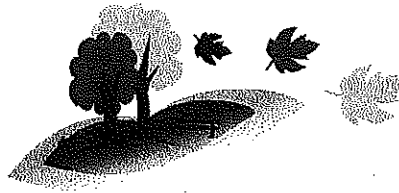
Enjoy the rest of summer and I look forward to seeing you next Tuesday.

Pam Henry
Agent for the Aging, Town of Salem
270 Hartford Rd. Salem, CT. 06420
(860)859-3873 ext 125

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Salem Recreation's Upcoming Fall Classes

With: Smith Acres LLC!



Monday 9/19/16 Seashell Wreath Workshop



Time: 5:30-7pm

Location: Salem Public Library

Fee: Resident \$45/ Non-Resident \$50

Join us and learn how to make a seashell wreath. All supplies are included. Grapevine wreath, plenty of shells, and perhaps a few Sand Dollars or Sea Stars. Please bring along some of your summertime treasures to make your wreath uniquely individual. Hot glue guns and glue sticks will be supplied.



Monday 10/17/16 Halloween Themed Fairy Garden Workshop

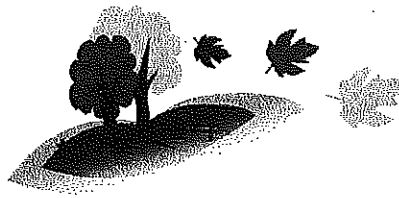


Time: 3:30-4:30pm - After School Program

Location: Salem School

Fee: Resident \$35/ Non-Resident \$40

The weather is getting cooler, and the fairies who have taken up residence in your garden will need a warm place to spend the winter. If you don't want them to move to Florida you'd better prepare a nice home for them that can be brought indoors for the winter. Each gardener will receive a terra cotta dish, plant, moss, soil, gravel, and a decorative fairy item.



Monday 11/14/16 Terrarium Workshop



Time: 6:30-8pm

Location: Salem Grange (Old School House)

Fee: Resident \$40/ \$45 Non-Resident

These low maintenance gardens are fun and surprisingly easy to make. All materials included. We will use an 8" glass container to build in and talk about the right type of plants for your mini indoor garden.

Monday 11/21 Pumpkin/Succulent Centerpiece Workshop



Time: 5:30-7pm

Location: Salem Grange (Old School House)

Fee: \$45 Resident/ \$50 Non-Resident

We will take a pumpkin or squash, glue, moss, and succulents to make a great fall centerpiece! Perfect for that Thanksgiving dinner you may be hosting or makes a great gift! Keep in a cool room and these should last well

past Thanksgiving. When it's time to bring the Christmas decorations out, you can pull the succulents off of your pumpkin and plant them into a dish garden where they can continue to grow for you.



How To Register For Classes/Workshops:



To register visit saalemct.gov Recreation page, download a Recreation Registration form, and mail/drop off payment and registration form to Attn. Vanessa Bunnell, Salem Recreation, 270 Hartford Rd Salem Ct 06420. ALL CHECKS MADE PAYABLE TO **TOWN OF SALEM!**

WALK WITH A DOC

Walk Location: Poquonnock Plains Park, 150 Fort Hill Rd, Groton, CT 06340

9:00 AM Saturdays

• Sept 17 Dr. Oliver Mayorga - TBA

Everyone is welcome, but we've only got a limited number of free t-shirts that we'll be handing out at the walks, so sign up early to get one!

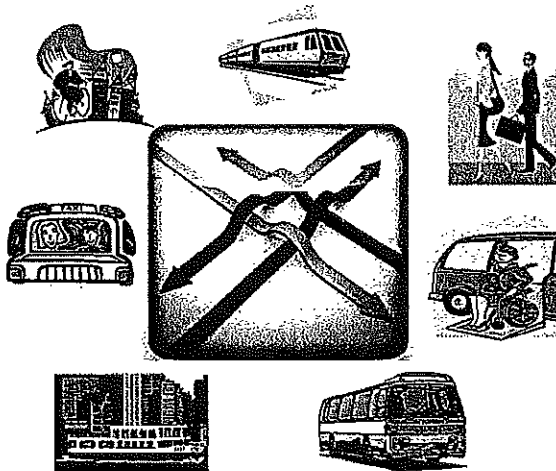
Walk with a Doc Newsletter is available by calling Groton Parks and Recreation! It's packed with great info about living healthy. Walk with a Doc is a national program aimed at getting people walking for health. Each of our free walks is staffed by a "Doc" from L+M Hospital. The Doc will share tips on how to be healthier, will be available to answer general questions, and of course we'll be walking! Bring your walking shoes, sunscreen and a water bottle!

Questions? Groton Parks and Recreation, 860-536-5682, parksrec@groton-ct.gov,

www.GrotonRec.com/Walk.asp

Getting Around Eastern Connecticut

Eastern Connecticut Transportation
Consortium, Inc.



MOBILITY MADE EASIER

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www.ectcinc.com

113 Salem Turnpike,
Suite 200
Norwich, CT 06360
(860) 859-5791



U.S. Department of Transportation
Federal Transit Administration

Saturday September 17, 2016

THE BIG E

EASTERN STATES EXPOSITION

West Springfield, Massachusetts

Leave your car behind and travel comfortably to the BIG E aboard our motorcoach, which drops you conveniently at the gate behind the Avenue of States. As you arrive at the fair, you can smell the food cooking, see tons of animals, and hear the unmistakable mix of laughter and screams from the rides whipping through the air. And that's just the beginning. There are more things to do than you can possibly imagine. Entertainers, horse shows and ox pulls, demonstrations of all kinds, and historical exhibits the whole family can enjoy. Vendors come from all over to sell their crafts and wares. It is the only fair in the nation where more than one state participates and is by far the largest fair in New England. So forget about the driving hassles and parking problems, join us and experience for yourself why...

The BIG E truly is "New England's Great State Fair"!

\$55 per adult \$50 per child thru age 12

Includes motorcoach & fair admission

Deluxe motorcoach transportation departing from:

8:00 am NORWICH COMMUTER LOT RT 82 Exit 11 from I-395 Near the DMV
8:30 am GLASTONBURY COMMUTER LOT Main St Across from Burger King

Returning near 6:00 pm

Checks made payable to: Darrell Len PO Box 2141 Salem, CT 06420
860-884-2754 darrellsbus@gmail.com

Please send payment & departure location by August 27, 2016

Refunds afterward only if a replacement is found

Please include names, address, phone number and email address

We will travel rain or shine- The only exception is severe weather

THIS IS THE FAIR THAT YOU DON'T WANT TO MISS!

Karen @ aquaturfclub.com or Karen Alix 860-621-9335
556 Mumfery St. P-060x23 Plantsville 06479
Tuesday March 14, 2017



St. Patrick's Day Celebration!!



Featuring:

The Maclean Avenue Band

\$41.00 pp

Padraig Allen and The Mclean Avenue Band have their very own sound with old Irish Celtic folklore and the rock pop Celtic music of today!

Catch one of Padraig Allen's shows and you will witness

the incredible energy Padraig and the Mclean Avenue Band turn out! Padraig has truly become one with the music industry, playing shows in both America and Europe for close to twenty years.

This show is always a sell out- Book Early!!

Definitely be prepared to dance!

Salad/ Pasta/ Corned Beef & Cabbage/ Baked Scrod/ Carrots & Potatoes/ Lemon Cake

Tuesday April 18, 2017

Dueling Piano's!!

Featuring:

The Dynamic Billy Musto & Guest!!

\$41.00 pp

This fiery dueling piano's act is presented by highly entertaining and energizing comedic pianists.

A high octane entertainment experience where guests are often part of the show!

The pair perform favorite songs that will have you singing and laughing, especially when they change the lyrics ; keeping you on your toes!!

We will not offer dancing at this event.

Salad/ Pasta/ Chicken Kathryn/ Baked Ham/ Potato/ Vegetable/ Ice Cream w/ strawberries

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SENIOR EVENTS

Tuesday November 14, 2017

Cher and Elvis: Two Legends!

Recreating the essence of two musical icons.. ***CHER & ELVIS...***

Including four decades of their greatest hits!!

Flamboyant costume changes!!

Vegas choreography!!... the feel of Vegas!!



With the glamour of **Cher** and the charisma of **Elvis**,
This is a true musical extravaganza!!

\$41.00 pp

No dancing for this one!



Salad/ Tortellini/ Sliced Roast Beef/ Baked Scrod/ Potato/ Vegetable/ Pastries

Tuesday December 12, 2017

Holiday Winter Wishes!!



Featuring: Steppin Out Band!

Good food, gorgeous décor and fantastic music by an Awesome
band, combine to give you an enjoyable afternoon!



\$41.00 pp

This is a dancing day!



Salad/ Pasta/ Sliced Roast Turkey / Chicken Kathryn/ Potato/ Vegetable/ Dessert

AQUA TURF 2012



Mobile Food Pantry

Gemma E. Moran
United Way/Labor Food Center

AFL-CIO
COMMUNITY SERVICES



AFL-CIO Community Services and United Way Partnership



The mobile pantry, pictured above, provides fresh fruits and vegetables, proteins, and other healthy foods for **FREE** distribution to individuals and families in need. All are welcome.

👉 **Please bring your own bags** 👈

The mobile pantry will be coming to a location near you:

Location: **Town of Salem, 200 Hartford Rd. Salem CT**

Date(s): **First Wednesday of the Month**

Time: **5:00pm - 6:00 pm**

CONNECTICUT
foodbank
A PARTNERSHIP TO ALLEVIATE HUNGER

**FEEDING
AMERICA**



**Connecticut
Light & Power**
A Northeast Utilities Company



New London County Food Policy Council
A PARTNERSHIP FOR FOOD, NUTRITION AND WELLBEING